

FORTUNA SENIOR SCENE

Vol. XVI, No. 5

September—October 2019

7th OKTOBERFEST FUN in the PARK



Saturday, September 28, 2019

11a.m. -- 3:00p.m. Fortuna Rohner Park

TRADITIONAL GERMAN STYLE DINNER!

Served by the Knights of Columbus from **11:30-2:30**

Sausages, Sauerkraut, German potatoes, & Strudel

Dinner tickets \$20 **PRESALE TICKETS \$15**

German and local **Beer, Cider, Wine & Honey Wine!**

MUSIC! Humboldt Accordionaires and

Pumpnickel & Sauerkraut Band (Scotia Band)

FAMILY FUN! German Costume Contest, Polka

Dancing, Kid's Corner, Face Painting, Local Humboldt Vendors, Silent and Dutch Auctions, Kazoo-a-long, Apple Baking Contest, Performances and Exhibitions by the Fortuna Senior Center Activity Groups, & more!

SPONSORS:



Tickets: Beverage Plus 725-9303 or FSC 726-9203

FORTUNA ACOUSTIC OPEN MIC Sunday Afternoon Jamboree



Performer sign-ups
available 15 minutes
before the show.
every 4th Sunday 2pm-4pm

Fortuna Monday Club
610 Main St. Fortuna, CA
Donations Appreciated
Sweet Treats n Coffee
Very Entertaining



Picnic in the Park was a lot of fun this year! The sun was shining brightly and we had more than 80 people show up for the event. Once again, delicious side dishes, salads, and desserts abound! We played BINGO and three people won tickets to the Oktoberfest Dinner! A few of us went and played bocci ball afterward and continued to soak up the sun. A big thank you to all of the volunteers for making this wonderful picnic a big success!

Vol. XVI, No. 5
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Senior Scene is a bimonthly publication of
Fortuna Senior Center
P.O. Box 336
Fortuna CA 95540
2280 Newburg Road (707) 726-9203
admin@fortunasenior.org

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Newsletters available online at www.fortunasenior.org

Like Fortuna Senior Center on Facebook!!!

PRESIDENT'S THOUGHTS

I would like to first welcome all to come to our 7th Oktoberfest on September 28, 2019. We will be at Rohner Park from 11 to 3PM.

There will be food, raffles, auctions, plus added music. There is no cost to come to Oktoberfest, but the dinner ticket is \$15.00 before and \$20.00 at the event. Call the office for a ticket (707-726-9203) or see a member for a ticket.

I would like to thank all that renewed their membership for the coming year. We are really looking forward to exciting new activities once we are in the Gene Lucas Community Center.

See you at Oktoberfest!

Marsha Hays

VOLUNTEERS—Thank You!!!

Picnic in the Park

Marsha Hays	Nola Sharp
Tom Trump	Neena Olson
Margaret Stockes	Linda Wrede
Linda Cyr	Lee McDowell
Dick McDowell	Kent Wrede
Joan Woodcock	Jan Syvertson
Donna Fedderson	Colleen West
Carolee Thrift	Chris Broadstock
Caprice Kessinger	

If you would like to be a volunteer, call the office.

(707) 726-9203

**STAY
TUNED
FOR
BINGO!**

B	I	N	G	O
2	17	31	48	63
6	20	38	51	68
7	22	FREE	54	69
12	23	39	57	72
15	27	44	60	75

**We are
working on
the permit to
play!**

Bingo will resume once the permits have been processed. You will know almost as soon as we do! We are excited to get back to Bingo!

Pinocle Tournament Winners

July - High Score

Men: 1st Linda Wall Women: 1st Betty Mederios
2nd Imogene Dewarns 2nd Marilyn Forsett

August - Most Games Won

Men: 1st Don Fregeau Women: 1st Lou Eldrige
2nd Les Reynolds 2nd Bobbi Bennetzen

The tournament is held on the **third Thursday** of each month, starting at **9am**. Everyone is welcome on Thursdays and Fridays. We also play *cribbage*. Come join us!

**Green's Pharmacy will be holding a
FLU SHOT CLINIC!**

Thursday, October 3rd

9:00 am - 12:00 pm

MGC Board Room

Bring your insurance card!

(If you can bring your card into the office early for pre-approval, that would be helpful, but not necessary.)

(shots will be \$30 without insurance)

The Mission of the Fortuna Senior Center is to
“Enrich, Empower, and Involve Boomers and Beyond of the Eel River Valley Area”



July 28th will go down in Open Mic History as one of the best! We had a stellar cast of performers and every genre of music. Some examples include Roger Vernon playing an original composition. Pete West “Georgia”. Nola Sharp “Those Were the Days” with everyone joining in on the chorus and “I Can See Clearly Now” also accompanied by the audience on the chorus.



We welcomed a newcomer. Donna Casey, who came from Mad River/Ruth with her magical voice singing Bobby Gentry’s “Ode to Billy Joe” and “Graveyard” by the Devil Makes Three. We also have a great voice in Rick Peiren who also joined us recently. He sang “You were always on my mind” and “Blue Eyes Crying in the Rain”. Bill Dann and Richard Phillips got us tapping our feet with that country sound and Richard’s steel guitar. Wow! There was Les Craig with her Jazzy sound, and Dick Phillipson performing “Stardust”. The Ukelaliens sang “The Skye Boat Song” which many would recognize as the theme song from the Outlander series.



There was more and it was all good listening and fellowship. Most importantly, our musical family, including a regular audience, is growing and radiating the camaraderie that sharing music together creates. And the cookies and drinks are divine!

Our next Open Mic Jamboree will be on September 23rd from 2pm to 4pm at the Monday Club in Fortuna, 610 Main Street. Remember Open Mic is the 4th Sunday of each month except December and May. We hope to see you there for a real fun time. For more information phone 707-726-9203.



As you can see, our mission to enrich, empower, and involve seniors of the Eel River Valley is a continuing success! **We are looking to expand when we get into the new center and are welcoming any ideas you might have.** If you would like to see added activities, please call, email, or come into the office and let us know. Maybe you would like to play a game of bridge, make a scrap book, have a more intense exercise class, or simply sit and share stories or jokes with others. We are looking for volunteers to lead in a group activity. If there is something that you would like to do, and you would like to share with others, let us know and we will provide the space for you!



HOW CAN I HELP, YOU ASK?



A1AA is looking for more volunteer drivers in Fortuna. This is a definite need in our area, especially helping seniors 50 and older get to their medical appointments and access healthy food. If you would like to help, call (707) 442-3763 ext. 227, and ask for Valorie. She will give you the information needed to sign up and help other seniors!

A1AA also has an Ombudsman program to help advocate for the dignity, quality of life, and quality of care for all residents in long-term care facilities. If you are interested in helping by becoming an Ombudsman, call (707) 269-1330 and ask for Leanne!

alzheimer's association®

Alzheimer's has become the 3rd leading contributor to death in California. Approximately 3,000 people have been diagnosed with this disease in Humboldt and Del Norte Counties. There is a walk to end Alzheimer's happening on October 12th. If you would like to contribute, call or come in to the office. We have a personal letter and donation form available for you to complete and mail in to the sponsoring team.

The Fortuna Senior Center needs an office worker who is available to help on Thursdays from 10am - 12pm. If you are somewhat computer savvy (mostly typing), have those two hours free most weeks, and would like to donate your time, please call Val at (707) 726-9203.

YOUR HELP IS GOLDEN!!!!

You can always help the Fortuna Senior Center by donating in memory of, giving tax free directly from your IRA, donating a bequest, creating an endowment, or volunteering (your time is money).

AVOID A SCAM!

Here are some **RED FLAGS** to watch out for:

- 1) NEVER open your bank account online when some technician is on your computer.
- 2) The online computer tech groups are often scammers and can steal your money. Even if you have used them before and they seem okay, be cautious!
- 3) Any calls that threaten to charge you, or give you a refund for something, are a red flag!
- 4) Scammers commonly have you use VISA gift cards to pay them - DON'T.
- 5) If you are being pressured, or being pushed with an urgency, do not listen to their reasons and do not turn on your computer.
- 6) If any computer technician wants you to leave your computer on overnight, or for several hours, they are setting you up to be taken advantage of.
- 7) Another red flag is if the group has no address and is secretive about their whereabouts.

A FEW ODDS AND ENDS

Would you like to join the stitchery group but you don't have supplies or experience? No worries! All you need to do is bring yourself. We have yarn, needles, hooks, and enough smiles to go around!

If you are in need of an affordable cemetery plot, one of our members has an affordable one here in town. Call Lou Ann Bean at 725-3712.

We have several recipes for low-carb, diabetic friendly treats! Chili-lime zucchini chips, baked broccoli-cheddar quinoa bites, & carrot cake energy bites. They are delicious and nutritious! If you are interested in these recipes, call Val at the office and she will print them out for you!

HERE'S WHAT'S HAPPENING IN THE COMMUNITY!

THE OLD STEEPLE

September 12 - Pharis & Jason Romero

September 13 - Jeff Denmark & Friends, The Work Show

September 26 - Chris Thomas King

October 13 - Sam Reider & The Human Hands

October 18 & 19 - Salem's Lot 40th Ann. Screenings

October 26 - Lindsay Lou

All shows begin at 7:30 pm. For more info call (707) 786-7030

Fortuna CONCERT Series

September 14 - The Gatehouse Well

October 12 - Chubritza

Shows are at the Monday Club in Fortuna.

Doors open at 6:45 and concerts begin at 7:30.

For more info visit www.fortunaconcertseries.com

River Life Foundation is currently taking walks every Friday at 10 am. If you are interested in getting out and seeing the clean-up along the railroad from Redi-Rents to Palmer, then join them! Call Sean at (707) 362-9384 for more information.

A Touch of Humor Goes a Long Way!

Here are some gardening jokes to get you giggling!

- 1) Old gardeners never die... they just vegetate!
- 2) What do you get when you cross a 4-leaf clover with poison ivy? A rash of good luck!
- 3) Why are husbands like lawnmowers? They are difficult to get started, emit foul smells, and don't work half the time. (But of course, not you!)
- 4) My wife's a water sign and I'm an earth sign... together we make mud. (Rodney Dangerfield)
- 5) How do you know you are a master gardener?
 - a. You'd rather go to a nursery than a clothing store.
 - b. You prefer gardening to watching T.V.
 - c. Dirt under your fingernails is a matter of pride!
- 6) Grow your own dope, plant a man! (or woman?)

FREE PRODUCE MARKET!

Wednesday, September 18th & Wednesday, October 16th

From 11:30 am - 1:00 pm (No appointment necessary.)

In the Fortuna Adventist Community Services Parking Lot!

2331 Rohnerville Road, Fortuna, CA

PLEASE BRING YOUR OWN BAGS.

Call Food For People at (707) 445-3166 for more info.

Community Pool Feasibility Presentation

The community pool feasibility study will be presented to the public on September 10th, 6pm at the Monday Club.

If you are interested in updates or have any questions, this is a great opportunity to be informed of the progress.

Diabetes Self-Management Workshop

Mondays from 1:30 pm - 4:30 pm

September 9th thru October 14th

6 weeks of workshops are **FREE** to the public!

Located at the Salvation Army, 2123 Tydd St. Eureka, CA

For more information call Humboldt IPA at (707) 267-9606

A NOTE FROM VAL...

I would like to take the time to thank everyone for your words of encouragement, smiles, laughter, and so much more. You have given me a sense of belonging and a career with a purpose. I cannot begin to tell you all how very proud I am to let the community know that I am the Executive Director of the Fortuna Senior Center. Every single one of you holds a special place within this organization and your support is greatly appreciated!

I was lucky enough to get contributions from our members to include in this newsletter. If you would like to see something put into our next newsletter, bring it to me and I will do the best I can!

Thanks! Val 😊

I ♥ RCB



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HAPPY BIRTHDAY!

September

- 1 Munk Munkirs
- 2 Mary Besanceney
- 3 Laura Oliver, Maggie Philipson
- 4 JoAnne Center
- 5 Gayle Maxfield
- 7 Jodie McPowell, Stephen Sutter
- 8 Jan Syvertson
- 11 James Seiler, Bette Woodson
- 13 Roxane Bessette, Joan Watanabe
- 14 Lalia Blake
- 16 Barbara Stinson
- 17 Ronnie Cummings, Brigid Young
- 18 Herb Colby, Sonya Kirtley
- 19 Caprice Kessinger
- 20 Becky Giacomini
- 22 Marilyn Bennett, Barbara Heile, Barbara Kite
Donell McCanless, John Taylor, Pete West
- 25 Cynthia Cook, Lois Schultz
- 26 Greg Nesty
- 27 Buzz Reiman
- 28 Janet Lindgren, Bob Yates
- 30 Joanne Machado



October

- 2 Bobbi Lewis
- 3 Jeanne Crowley, Richard McDowell, Diana Mogel
- 4 Marilyn Martino
- 5 Larry Kirtley, LeRoy McCrigler
- 8 Vicki Aust, Laura Fallon
- 9 Steve Hansen
- 10 Cheryl Bahneman
- 11 Denise Ledbetter
- 12 Kemset Moore
- 13 Dolly Krasinski
- 15 Linda Speier
- 20 Bea Bruno, Shirley Russell, Erika Taylor
- 21 Jim Boyett, Janet Hogan, Margaret Stockes
- 22 Alvin Dunnegan
- 24 Jackie Hamilton, Sherry Hazelton, Gail Mauney
- 26 Marsha Hays, Pam Smith
- 27 Evelyn Colivas
- 28 Richard Ashburn, Robert Russell
- 31 Larry Conwell, Pat Greene, Kevin Johnson
Tania Simmons



IN LOVING MEMORY



Billie Boyett
Lois Trumbull
Miles Mackey

The hiking group would like to make a special mention in honor of **Keith McCloghrie**. He was a good leader and a great friend. For more than five years his participation and dedication were an important part of the group and he will be missed by all.

If you have lost a loved one and would like to honor them, call Val at the office (707) 726-9203. Thank you.

MAKING A DIFFERENCE

Do you order things from **Amazon**?

Well, go to [smile. Amazon.com](https://www.amazon.com) and, at the prompt, go to Fortuna Senior Services, Inc. under registered charities. Amazon will **donate 0.5% of your order to us**.

Every little bit helps. We received \$14.55 during the months of April, May, and June. If you're purchasing birthday presents, gearing up for the holidays, look for the Fortuna Senior Services, Inc. and support us while you do your online shopping! Thank you!



WEEKLY EVENT CALENDAR

Unless otherwise noted, activities are at the MGC

Monday

- 8:30am *Walking Group*, River Walk
- 9:00am *Tai Chi*
- 11:00am *Line Dance*
- 11:30am *Exercise Group*, Rio Dell Chamber Office
- 1:45pm *Book Club* (1st Monday)
- 3:30pm *Ukulele Group*
- 5:00pm *S.A.I.L. Exercise*

Tuesday

- 8:30am *Walking Groups*, River Walk & Rohner Park
- 1:30pm *Senior Stitchers*
- 2:00pm *Seated Tai Chi*
- 3:00pm *Recorder Group*

Wednesday

- 8:30am *Walking Group*, River Walk
- 11:30am *Exercise Group*, Rio Dell Chamber Office
- Noon *Senior Lunch Bunch* (1st Wed.), call Chris 725-2020 or Carol 725-2931
- 1:00pm *Tai Chi*
- 5:00pm *S.A.I.L. Exercise*

Thursday

- 8:30am *Walking Group*, Rohner Park
- 9:00am *Cards*
- 1:00pm *Mah Jongg*
- 2:00pm *Seated Tai Chi*
- 3:00pm *Bocce Ball*, Rohner Park

Friday

- 9:00am *Biking Group*, call Chuck 725-5095
- 9:00am *Hiking Group*, call Lynn 725-7953
- 9:30am *Cards & Games*
- 11:30am *Exercise Group*, Rio Dell Chamber Office
- 2:00pm *Scrabble Group*
- 7:30pm *Fortuna Camera Club* (last Fri.), Methodist

Saturday

- 11:00am *Saturday Social Speaker/Potluck* (3rd Sat.)

Sunday

- 2:00pm *Open Mic* (4th Sun.)
- 4:00pm *Bingo* (temporary hold)

Note: The floor barre exercise activity taught by Nanette is ending as she is moving to Oregon. For more than a decade, Nan has taught exercise classes here at the Fortuna Senior Center. YOU WILL BE GREATLY MISSED! Thank you for your dedication!

MONTHLY SOCIALS

2280 Newburg Road, MGC

September 21st - Saturday Social: Speaker

Colleen Hough is the nutritionist at the Open Door Clinic here in Fortuna and will discuss diet changes related to aging as well as food choices for seniors and diabetics. Come with questions! Cookies and coffee will be served.

11:00am Senior Center

October 19th - Saturday Social: Potluck

Last name ending in **A-G**, please bring **dessert**.
Last name ending in **H-Z**, please bring **side dish or salad**.

11:00am Senior Center

MINI—TRIPS

To make a reservation or for information, call the office at 726-9203. If you want to go on a Mini-Trip, you must have a medical form filled out and turned into the office by the Monday before the trip. Also, please let the tour leader know by the Thursday before the tour if you need to cancel.

September 27th - Holly Yashi

Tour the facilities and see how these unique items are made! One-of-a-kind beautiful creations means there is something interesting for everyone.

October 25th - Sequoia Zoo

Come tour the zoo and see the newest additions! Have you seen the otters yet? They are adorable! There will be a \$2 entrance fee, which will be accompanied by a small tour guide cost of \$40 shared by the entire group.

OKTOBERFEST UPDATES & INFO!



Donations for the Silent and Dutch Auctions for our 7th annual Oktoberfest are rolling in! Thank you to everyone who has contributed so far. If you would like to contribute, **please get your items into the office by Friday, September 20th.** If you would like to participate in a competition this year, then one might be available for you! We are going to have an **apple baking contest!** Anything Apple-based will do! Also, come dressed in **German-style attire for a costume recognition!** Do you drink your beer from a stein? Bring your **personal stein** and have it recognized in all of its glory!

We have tickets available for pre-sale, and if you would like to take a couple with you to try and sell to your friends or family, that would be wonderful! The more tickets we sell before the event, the easier to prepare! We are making this a community event and have nearly 20 vendors lined up, so there will be a little something for everyone! We also have a kids' corner with crafts and games, so bring your grandkids, if you'd like. We hope to see you there for the festivities and family fun!

UPCOMING FALL CLASSES

Once again, Zumba and Yoga will be offered this fall. As long as enough students sign up for these classes, then they will be a go! In the month of November, we will have a four-week class on constitutional history! We are excited to offer this as a learning experience for all. We still have a few weeks before our fall classes begin, so if there is a class you would like to take, or one you would like to teach, then please call Val at the office (707) 726-9203, and she will try to make arrangements for the class!

STAY TUNED FOR EXACT DAYS, DATES, TIMES, AND SUGGESTED DONATIONS FOR FALL CLASSES!

VETERANS' DAY PROGRAM!

We are looking forward to the program this year for Veteran's Day. Our speaker is Richard Cortez. He was in the Coast Guard for a decade and was the recipient of the highest Peacetime Medal when his crew saved a man from drowning! He then served in the Army Reserves and is currently a leader of the Ferndale Native Sons. Just as many other veterans, he has had a lifetime of service to his country and his community. We are excited to honor all veterans for their service!

Mark your calendars and join us for our Veterans' Day celebration on November 11th at 2:00 pm at the Fortuna Veterans' Hall! Our lovely president, Marsha Hays, will be the emcee for this year's program.



Fortuna Senior Services, Inc.
P.O. Box 336
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MEMBERSHIP is open to everyone 50 and older, and residing in the Eel River Valley or the county.

ANNUAL SUGGESTED DONATION:

July 1, 2019 through June 30, 2020 (Please circle one.)

Life Membership \$1,000	Visionary \$500	Supporter \$250	Sponsor \$150
Friend \$100	Couple \$60	Individual \$36	Other \$ _____ (Please specify amount here)

Name(s) (1) _____ (2) _____

Address _____ City/Zip _____

Telephone _____ Email _____

Birthdate (1) _____ (2) _____

Tell me about volunteer opportunities

Send announcements by email

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Email: admin@fortunasenior.org

Web: www.fortunasenior.org